

**I CLAIM:**

1. An adjustable dumbbell assembly comprising:  
a handle including a first end,  
a plurality of weights each including a channel formed therein  
5 to slidably and selectively receive said first end of said handle,  
a latch slidably engaged onto said first end of said handle, and  
slidably engageable into said channels of a selected number of said  
weights respectively, and  
means for securing said latch to said first end of said handle,  
10 and to secure the selected number of said weights to said first end of  
said handle.
2. The adjustable dumbbell as claimed in claim 1, wherein each  
of said weights includes a groove formed therein and  
communicating with said channel thereof, to slidably receive said  
15 first end of said handle.
3. The adjustable dumbbell as claimed in claim 2, wherein said  
grooves of said weights include a width smaller than that of said  
channel to slidably receive said first end of said handle, said latch  
includes a width greater than that of said grooves of said weights.
- 20 4. The adjustable dumbbell as claimed in claim 1, wherein said  
securing means includes at least one beam attached to said first end  
of said handle, and means for catching said latch to said at least one  
beam of said first end of said handle.
5. The adjustable dumbbell as claimed in claim 4, wherein said  
25 securing means includes a block secured to said first end of said  
handle, and said at least one beam is secured to said block and thus  
secured to said first end of said handle.

6. The adjustable dumbbell as claimed in claim 5, wherein said block includes at least one cavity formed therein to receive an end portion of said at least one beam.

5 7. The adjustable dumbbell as claimed in claim 5, wherein said handle includes a plate extended from said first end thereof, said block includes a space formed therein to receive said plate.

8. The adjustable dumbbell as claimed in claim 4, wherein said handle includes an extension extended from said first end thereof and parallel to said at least one beam, said latch is slidably engaged  
10 onto said extension of said handle.

9. The adjustable dumbbell as claimed in claim 8, wherein said securing means includes a cap secured to said first end of said handle, and said cap includes at least one cavity formed therein to receive an end portion of said at least one beam.

15 10. The adjustable dumbbell as claimed in claim 4, wherein said at least one beam includes a plurality of projections extended from said at least one beam and engaged with said weights, to position said weights to said at least one beam, and to prevent said weights from moving along said at least one beam.

20 11. The adjustable dumbbell as claimed in claim 4, wherein said at least one beam includes a passage formed therein, said securing means includes a rod secured to said latch and slidably engaged in said passage of said at least one beam.

25 12. The adjustable dumbbell as claimed in claim 11, wherein said catching means includes a catch slidably engaged onto said rod for engaging with said at least one beam, to catch and secure said latch to said at least one beam.

13. The adjustable dumbbell as claimed in claim 12 further comprising means for biasing said catch to engage with said at least one beam, and to catch and secure said latch to said at least one beam.

5        14. The adjustable dumbbell as claimed in claim 1, wherein said first end of said handle includes a passage formed therein to slidably receive said latch therein.

10        15. The adjustable dumbbell as claimed in claim 1, wherein said handle includes a second end, and a plurality of second weights selectively secured to said second end of said handle.